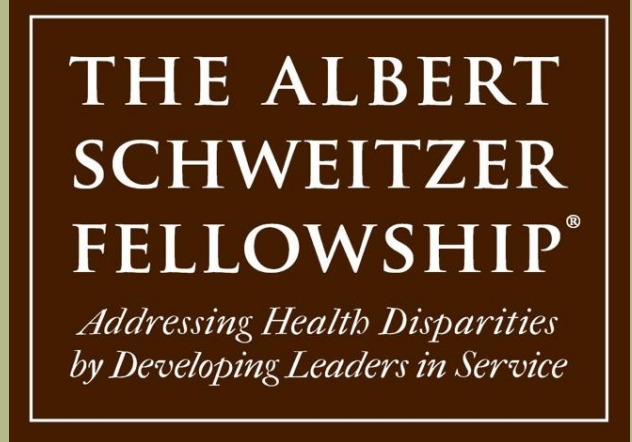


THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

Beautiful Life Art Therapy Group — Asian Women Support Program

Partnership:

Asian American Community Services is a non-profit organization designed to improve the well-being and quality of life of Asian Americans and Asian immigrant families in Ohio by providing social services and empowering individuals through education, training and leadership.



Project Goals:

- Beautiful life aims to help Asian women, including housewives, widows, domestic violence and human trafficking victims, through creative and fun activities to:
- provide information, resources for basic needs
 - increase knowledge and awareness of physical health
 - maintain mental health
 - promote social and culture integration



Group Details:

Weekly group activities:

- Art Drawing for emotional expression
- Flower arrangement, tea party
- Client presentation
- Culture sharing
- Information and resources
- Hand crafting, flower making, coloring therapy, holiday gifts
- Yoga, meditation
- Self development/ awareness activities
- Group member support and sharing
- Volunteering

Impact:

Clients found a safe place to express their feelings; learned how to enjoy their life; got many professional tips and ideas about maintaining mental health and emotion regulation; On a **community** level-raise awareness and advocate for Asian women population. AACS will continue the women wellness group.



Feedback:

“This group really changed my life in America, I feel like my life is colorful again and I make good friends here. I finally find a group of people to share my feelings, life stories and give me support”

“My son and daughter are so proud of me. They are glad to see I am happy and having fun. I gave the paper flower that we made in our session to my son’s teacher, she was so happy. It seems like I have the ability to pass the happiness to others.”

Chang Liu

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